



# Guidance for Safe Sex Interactions

**You can save lives by staying home. If you are going to have sex, you need to be safe and protect yourself from COVID-19. COVID-19 can be transmitted from person-to-person via contact with saliva, mucus and feces of an infected person.**

## WHAT DO WE KNOW?

- Based on the Centers for Disease Control and Prevention (CDC), COVID-19 has not been found in semen or vaginal fluid
- Coronaviruses do not efficiently transmit through sex

## HOW TO SAFE SEX?

- Avoid kissing anyone or physical contact with anyone who is sick, is under self-isolation orders, or is awaiting COVID-19 test results
- Rimming (mouth on anus) can possibly spread COVID-19
- Condoms, female condoms and dental dams can reduce contact with saliva or feces
- Washing/disinfecting hands, sex toys, keyboards and touch screens before and after sex is more important than ever
- If you are away from your sex partner, use technology such as video chats, sexting, or chat rooms

## WHEN IS IT SAFE TO HAVE SEX?

- Do not have sex if you or your partner are not feeling well, including having a fever, cough, sore throat or shortness of breath
- Do not have sex with others if you are waiting COVID-19 results or if your local health department or healthcare provider has instructed you to be home isolating
- If you or a partner may have COVID-19 or have an underlying health condition that puts you at high risk for illness from COVID-19, avoid contact entirely

Everyone is still at risk for HIV, other sexually transmitted infections and unplanned pregnancy. Remember to use condoms, birth control, pre-exposure prophylaxis (PrEP) take preventive measures to to keeping an undetectable viral status. **For free emergency HIV and syphilis testing, text us at (281) 962-8378.** Keep Harris County Strong, by staying home and saving lives.



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